

Broccoli Baked Potato Skins

6 small baking potatoes (about 4 ounces each)
3/4 cup chopped frozen broccoli, thawed and squeezed dry
3/4 cup shredded nonfat or reduced-fat Cheddar cheese
3/4 cup nonfat sour cream
1/4 cup thinly sliced scallions

Pierce each potato with a fork. Microwave on high power for about 15 minutes or until tender. Set aside to cool.

Cut the potatoes in half lengthwise. Scoop out and discard the pulp, leaving a 1/4-inch shell. Place 1 tablespoon of broccoli in each skin, then top with the cheese.

Arrange the skins on a baking sheet and bake at 450°F for about 15 minutes, or until the cheese is bubbly. Transfer the skins to a serving platter; top each with 1 tablespoon of nonfat sour cream and a sprinkling of scallions. Serve hot.

Yield: 12 appetizers



NUTRITION FACTS (PER APPETIZER)

Calories: 59 Cholesterol: 1 mg Fat: 0 g Fiber: 1 g Protein: 4.2 g Sodium: 75 mg

Source: *Fat-Free Holiday Recipes*